



# You Should Know...



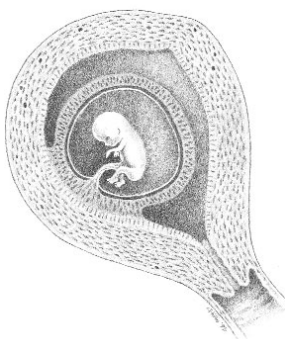
## About Your Baby's Growth - First Trimester

**Y**our pregnancy is a very special time for you. It may be a time of excitement and wonder. It is also a time to learn about your health care and your growing baby. A pregnancy lasts approximately nine months. The nine months are divided in thirds or trimesters. Each of the trimesters is three months or twelve weeks. Therefore, the first trimester would be weeks 1-12 of your pregnancy.

During the first trimester you may experience many changes. These changes are normal and easy to detect, but what is happening to your baby? Here we'll discuss how your baby is developing and provide you with tips to help you have a healthy pregnancy.

### Weeks 1 - 4

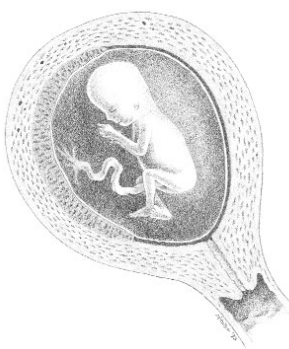
- ♡ By the end of month one, all major organ systems are developing and your baby's heart will start beating.
- ♡ The placenta, which nourishes and protects your baby, begins to develop too.
- ♡ You may start to feel tired, nauseous or bloated.
- ♡ Take prenatal vitamins and folic acid daily if advised by your health care provider.
- ♡ All pregnancies are different so ask your health care provider about any concerns.
- ♡ Stay away from smoking, drinking and drugs.



### Weeks 5 - 8

- ♡ The baby is now about 1-inch and weighs less than an ounce.
- ♡ The baby is protected by a sac filled with fluid and also by the placenta.
- ♡ The baby's heart is beating at a steady rhythm.
- ♡ Your baby's brain and spine are developing and tiny limbs are growing where hands, feet, fingers and toes are forming.

- ♡ Eyes, ears and nose are developing.
- ♡ Eat healthy foods each day, get enough rest and read all materials your health care provider gives you.



### Weeks 9 - 12

- ♡ The baby is about three inches long and weighs one ounce.
- ♡ The heart is almost completely developed and looks like a newborn baby's heart.
- ♡ Twenty tiny baby teeth are forming in the gums.
- ♡ The baby opens and closes its mouth and moves its hands, legs and head.
- ♡ The vocal chords and brain are developed.
- ♡ The eyelids now cover the eyes and will remain shut for protection until the seventh month.
- ♡ The baby will move around at this point, but you won't be able to feel it yet.
- ♡ You may notice that you're starting to gain weight and your breasts are heavier.
- ♡ Write down a list of questions that you would like to ask at your next appointment, such as what kinds of exercises are safe and how to sign up for prenatal care classes.

Remember to keep your regular prenatal appointments, even if you feel fine. These check-ups are to monitor both you and your baby's health.

Sources: California Department of Health Services' Maternal and Child Health Branch, *Healthy Mom, Healthy Baby Handbook*, *BabyCal Pregnancy Calendar*, [www.babyworld.co.uk](http://www.babyworld.co.uk)

*This insert article is the first in a three-part series.*